



## **From Former Paramedic to Top Safety Professional – Local Business Owner Receives Woman Entrepreneur of the Year Award**



(*Winnipeg* – May 20, 2011) – Theo Kowalchuk, Owner of 1 Life Workplace Safety & Health, received the Overall Excellence and Building Business awards at this year’s Manitoba Woman Entrepreneur of the year Award gala, hosted yesterday evening by Woman Business Owners of Manitoba.

Kowalchuk, a former paramedic for nearly a decade, has experienced first-hand the results of acute affects of workplace injuries and illness. This unique insight drives her passion for safety management. Kowalchuk says, “I want to have a meaningful impact on sending workers home safe and healthy at the end of the day and on keeping employers viable as they navigate the risks associated occupational health and safety loss and liability.”

Kowalchuk launched 1 Life Workplace Safety & Health two years ago and together with her team of Safety Professionals provides innovative tools and technology to support Manitoba businesses in creating safer work environments, reducing their total cost of risk and meeting the requirements of Manitoba Workplace Safety & Health legislation.

The Woman Entrepreneur of the Year Award recognizes today’s pacesetters in businesses that are developing innovative businesses, products and services. One of the

reasons that Kowalchuk received this year's award was her innovative proprietary web-based 'virtual safety professional' tool called *mySafetyAssistant.ca*. This online 'Virtual Safety Professional' offers business owners and their employees 24/7 access to professionally developed tools, resources and training that is specific to Manitoba Workplace Safety and Health legislation. *mySafetyAssistant.ca* also provides continuous technical and legislative updates, hazard alerts and expert interviews.

For over 12 years, Kowalchuk has worked both locally and internationally as a consultant and trainer. In 2006, she spent a year volunteering with the Global Humanitarian Relief Organization, Mercy Ships. Based out of its International Operations Center in Lindale, Texas, Mercy Ships provides world-class medical care to the poorest nations of the world via a fleet of hospital ships. Kowalchuk served with Mercy Ships as Assistant Safety Manager assisting them with risk management of the ship-based operations, warehousing, and hospitals.

Kowalchuk is also a Board Certified Canadian Registered Safety Professional (CRSP) and a Certified Safety and Health Consultant (Canadian Society of Safety Engineers). She is both a Lloyds Register and a COR certified auditor providing external audits for the Manitoba Heavy Construction Association.

The Woman Entrepreneur of the Year Award is presented each year to a female entrepreneur who has displayed vision, foresight and determination in growing her business. The first award was presented in 1992, and has grown each year to include several categories of winners recognizing entrepreneurial excellence in a select number of business classes.

***About 1 Life Workplace Safety & Health Ltd.***

1 Life Workplace Safety & Health specializes in providing integrated, full-service workplace safety and health solutions to support Manitoba businesses in creating safer work environments, reducing their total cost of risk and meeting the requirements of workplace safety and health legislation. 1 Life Workplace Safety & Health's mission is to have an impact on sending workers home safe at the end of every workday, to protect organizations from workplace safety and health related loss and liability and to ensure professionally developed Workplace Safety and Health tools, resources and training are available and affordable to every employer. For further information, visit our website at [www.1lifeworkplacesafety.com](http://www.1lifeworkplacesafety.com) and [www.mySafetyAssistant.ca](http://www.mySafetyAssistant.ca)

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